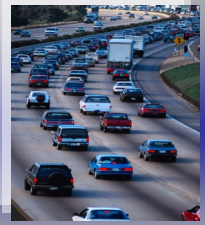


# IS YOUR COMMUTE STRESSING YOU OUT?



*You don't have to be an expert headshrinker to understand the stressful effects of getting up very early each day, being trapped in your car, bus or train, and arriving home late every night. You can see the consequences of stress each day when perfectly nice people yell at each other, lean on the horn, and signal with obscene gestures.*

*To make your commute as tolerable as possible, take a look at your attitude and try these techniques:*

1. **Surrender to the commute.** You can be angry, irritated, and constantly railing against the horrible traffic. Or you can accept it. An accepting attitude creates a more peaceful mind.
2. **The next time you are stuck in traffic, think of it as a "rest" rather than a "wait."** Take some deep breaths, keep your eyes on the road, and relax your body, and your mind.
3. **Spend as little time on the road as possible.** Try to leave early in the morning and earlier in the afternoon to avoid the worst commuting hours.
4. **Have a tape or CD player in your car.** Enjoy music, positive thinking tapes, or a novel being read out loud to you as you drive to help you relax.
5. **Exercise before you leave to or from work.** This will help you to relax in traffic and during the commute.
6. **Give yourself extra time to commute.** Tightly scheduled commuting adds to the tension, and stress.
7. **Use the driving time to make plans or jot down creative ideas.**
8. Make your car seat as comfortable and as supportive as possible.
9. **Try to put a smile on your face, and even exchange a friendly word and gesture with other travelers!**
10. **If you're in a carpool, ride to work with people you like!**